

This guide can launch you into your new life free of tobacco, but you need to create the plan and rally the support. No two smokers are alike, so the plan you create to quit-smoking will reflect *your* lifestyle. Quitting isn't easy, but more than 3 million people find a way to quit each year.

My Quit Plan

1. Try to set your quit date within the next 10 to 15 days. If you smoke mostly when relaxing or socializing, pick a weekday. If you smoke mostly at work, pick a day on a weekend or during a vacation. Once you pick the day, stick to it.

My Quit Date: _____

2. Identify your personal reasons for quitting. For some, those reasons are to feel better, to set a good example for their children, to cut their risk of heart attack or to save money.

My Reasons for Quitting: _____

3. Change your routine to make smoking difficult, impossible or unnecessary. For example, ride your bike, go to the movies, walk the dog, try a new recipe, visit the dentist for a cleaning, get a manicure, start a garden. . .

My New Routines and Behaviors: _____

4. What sets off cravings? List as many as you can think of, such as drinking alcohol or coffee or being around other smokers. Plan ways to avoid these triggers and quell urges.

My Strategies for Overcoming Cravings: _____

5. Where can you find support and encouragement? Think of family members, friends and co-workers who are willing to help you. Discuss your plans to quit with your doctor and other healthcare providers.

Call 1-877-YES-QUIT

for support and referrals to services in your community.

My Support Network: _____

6. Talk to your doctor about the right medications to ease your symptoms of withdrawal. For example, if you smoke steadily throughout the day, the nicotine patch might be right for you. If you smoke in response to cravings or stress, the gum or spray might suit you best.

My Medication Plan: _____

Committed to and Signed by:

Your name

Date



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**Yes!
I'm
Ready
to
Quit.**



Good for you!
The single most important thing you can do to protect your health is to stop smoking.

All it takes is a plan of action and a little help from people who care.



Chronic Disease Prevention Branch
Tobacco Prevention & Control



Successful methods are as different as the people who use them.

No two smokers are alike, and your plan to free yourself of cigarettes will reflect you—and only you. Take a look at “My Quit Plan” in this guide. By putting your commitment on paper, you take the driver’s seat.

For those trying to quit tobacco, early withdrawal symptoms present the biggest hurdle. Nicotine is a powerful and extremely addictive drug. Make plans for handling withdrawal or you could easily slip into a relapse.

1. Consider medications to ease the symptoms of withdrawal.

Studies show that your chances for success are doubled with the use of these medications.

- Nicotine patch (available by prescription and over the counter)
- Nicotine gum (available over the counter)
- Nicotine inhaler (available by prescription)
- Nicotine lozenge (available over the counter)
- Nicotine nasal spray (available by prescription)
- Bupropion SR (available by prescription)

Remember, cravings fade in about 20 minutes whether you smoke or not, and the first two weeks are often the most difficult.

2. Seek out support and raise your odds of quitting for good.

- Successful quitters gain the support of family and friends and take advantage of counseling programs.
- Tell your friends and family about your quit plans.
- The American Cancer Society Quitline offers convenience and flexibility. Trained counselors call on your schedule to help you form a quit plan that’s right for you.

Make a free call to the Quitline.
1-877-YES-QUIT
(1-877-937-7848)

3. Keep in mind that most people try to quit again and again before they are successful.

In fact, you have an advantage if you tried to quit before. You can use what you learned and apply it to your “new and improved” attempt. For starters, visit the American Cancer Society’s® Web site at www.cancer.org

Since most relapses occur during the first three months, prepare yourself for the situations and temptations that lie ahead.

RECOGNIZE WITHDRAWAL AND PLAN WAYS TO COPE:

- Irritability or anxiety**
Cut down on caffeine. Take deep breaths. Go for a stroll.
- Trouble sleeping**
Take a warm bath. Drink herbal tea or warm milk. Read.
- Trouble concentrating**
Simplify your schedule for a few days. Make a “to do” list. Take a break.
- Increased appetite**
Drink more water, especially out of a sip bottle. Eat slowly. Snack on carrots, pickles, grapes or rice cakes.
- Constipation**
Eat more fresh fruit, vegetables and whole grains. Drink 6 to 8 glasses of water a day.
- Sore throat**
Sip ice water. Suck on sugarless hard candy or lozenges.
- Fatigue**
Take a nap. Go to bed early. Try not to push yourself for two to four weeks.

4. Remember to reward yourself for each day that you don’t light up.

Give yourself a reward of some kind, like buying a new CD, renting a movie or calling a close friend. This can help to remind yourself that what you’re doing is important.

